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**Designed by the
Fall Prevention Committee
&**

**Approved By the Patient Health Education Committee
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HELP US TO HELP YOU PREVENT FALLS



VETERANS PLACING HEALTH
FIRST THROUGH EDUCATION

TIPS TO PREVENT FALLS

1. Ring your call light, let a nurse know when you are getting up
2. Ring your call light if you feel weak or dizzy
3. Lock the wheelchair brakes before transferring from wheelchair to another sitting area
4. Put your glasses on before you get out of bed
5. Sit on the edge of your bed before you get up
6. Avoid wearing long robes
7. Wear non-skid footwear
8. Do not use movable objects for support such as your bedside table
9. Eliminate clutter from area
10. Remember water pills, sedatives and blood pressure medications increase your risk for falls